

# Mario L.



**Certified Personal Trainer**  
**Master Trainer**  
**Team Member Since: 2006**  
**Sessions Serviced:10,000 +**

## Education & Certifications

- BA in Fitness Training from Ashmead College
- 24 Hour Fitness - Certified Personal Trainer
- CPR Certification
- National Academy of Sports Medicine - Corrective Exercise Specialist
- National Academy of Sports Medicine - Performance Enhancement Specialist
- National Exercise and Sports Trainers Assoc. - Personal Fitness Trainer

## Hobbies and Achievements

Xbox 360 – Halo 4  
Tough Mudder 2012, 2013 and beyond!!  
CrossFit and Olympic Weight Lifting  
Disc Golf  
SEAHAWKS (Nuff Said)



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